

Mayor's Message

August 2009

The World Series is coming to Murray! August 22nd through 29th we will host the Babe Ruth World Series at Ken Price Ball Park. Many have been working for the past several years preparing for this great national event in our City. One of the bonuses of hosting the tournament here is that we will have a team of 13 year olds from Murray who will compete. The players who will represent the City have worked hard and dedicated most of their summer to practice. I believe they will be good representatives of the young people who live here.

As I think of the effort required of these players to participate in the Babe Ruth World Series, I have also focused on the many other great young people in Murray. One of my favorite things to hear on a warm summer night is the sound of neighborhood children playing hide-and-seek or kick the can. They dash up and down the streets, ducking behind fences or slipping around a big tree. I love to hear them enjoy their games knowing they are outside, away from television and computers, getting some vigorous exercise.

Parents can inspire their children to adopt a healthy lifestyle. They can be models of physical activity by taking children along for a walk, run or bike ride. Family time spent playing non-competitive sports like frisbee and jump-rope, can help children move, as well as feel strong and refreshed. It takes a team approach of parents, teachers and others to help children develop healthy habits. I believe it helps to live in a City like ours that provides countless recreation programs, beautiful parks and trails that are accessible to everyone.

Creating a generation of smart, healthy and happy children is our responsibility. We can support this vision by helping our children eat a healthy breakfast, providing more fruits and vegetables, limiting sweetened drinks and eating meals together as a family. When we are positive about good food choices, we open the doors to success in this venture.

Please come and join me at Ken Price Ball Park the end of August and cheer on the teams of baseball players from around the Country. When I watch them, I will be thinking of healthy, dedicated and talented youth who have had the support of their families and others allowing them to enjoy success in their effort and activity. Whether it is going to catch a ball game or participate in one, let's all get out and have some fun.